

Red Lentil Soup

Makes: 50 servings

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Ingredients	Weight	Measure
Oil, Trans Fat Free		1/4 cup
Onions, fresh, small dice		2 cup
Celery, fresh, small dice		1/2 cup
Carrot, fresh, small dice		2 cup
Salt, table		2 Tbsp
Paprika		1/3 cup
Garlic powder		1/4 cup
Cumin, ground		1/2 cup
Lentils, Pink, Raw		12 cup
Tomatoes, crushed	3 lb	6 cup
Sugar, granulated		2 Tbsp
Lemon, Juice, canned or bottled	4 oz	
Sour Cream, Fat Free	4 oz	
Water, cold		1 gal



Directions

1. Heat oil in a large heavy pot over medium heat.
2. Add onion, celery, and carrots. Reduce heat, stirring frequently for about 5 minutes. Add salt, cumin and paprika while stirring for approximately a minute.

3. Add tomatoes, sugar and water. Bring to a simmer and cook over a medium-low heat for about 30 minutes until the lentils are completely tender.
4. Whisk in lemon juice and sour cream.
5. Serve.